



# **Physical Fitness & Injury Prevention**

## **PLAN OF THE DAY NOTES**

Promote physical fitness and injury prevention healthy behaviors! The following physical fitness and injury prevention tips can be placed daily in your Plan of the Day or several in your Plan of the Week. A heading such as TODAY'S FIT TIP (s) is recommended.

### **Table of Contents**

General Physical Fitness Topics.....	page 02
Cardiovascular (Aerobic) Fitness .....	page 11
Muscular Strength and Endurance .....	page 15
Flexibility / Stretching Exercise .....	page 22
Injury Prevention .....	page 25
Attachment (1) Recommended Stretches.....	page 30
Attachment (2) Contraindicated / Ineffective Stretches ....	page 31